

December Harvest of the Month Spinach



Illustration by Maya Wimer, Charlottesville City Public Schools

Try Spinach at Home!

Health and Nutrition

Spinach is low in calories and has a substantial amount of dietary fiber.

One cup of spinach contains 181% of daily Vitamin K, 56% of daily Vitamin A, 15% of daily folate, and 14% of daily Vitamin C recommendations. It also contains: Riboflavin, Vitamin E, Vitamin B6, Manganese, Magnesium, Iron, and Potassium.

Did YOU Know

When choosing spinach, pick the most tender, brightest green leaves because they have the highest concentration of Vitamin C.



Reading Together
Check out
our featured book:
Sylvia's Spinach
by Katherine Pryor

